

Lemongrass Chicken Bánh Mì Style Salad

with Garlic Croutons, Peanuts and Sambal Mayo Drizzle

Classic 25-30 Minutes • **Mild Spice** • 1 of your 5 a day



British Chicken Thighs



Ginger, Garlic & Lemongrass Puree



Garlic Clove



Ciabatta



Carrot



Baby Plum Tomatoes



Salted Peanuts



Mayonnaise



Sambal Paste



Rice Vinegar



Baby Leaf Mix



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

↔ **Swap to Chicken Breast**

If you chose to swap to chicken breast, then just follow the instructions on the back of this card. Happy cooking!



Bánh mì demonstrates the strong influence of France on Vietnamese cuisine, recognisable through ingredients such as baguettes and pâté. Here, we're deconstructing the sub to make a flavourful and vibrant salad instead.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Bowl, frying pan, aluminium foil, garlic press, baking tray, peeler, rolling pin and bowl.

Ingredients

Ingredients	2P	3P	4P
British Chicken Thighs**	3	5	6
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Garlic Clove**	2	3	4
Ciabatta 13)	1	2	2
Carrot**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Salted Peanuts 1)	25g	40g	40g
Mayonnaise 8) 9)	32g	48g	64g
Sambal Paste	15g	22g	30g
Rice Vinegar	15ml	22ml	30ml
Baby Leaf Mix**	50g	75g	100g
British Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Oil for the Chicken*	½ tbsp	1 tbsp	1 tbsp
Water for the Mayo*	½ tbsp	½ tbsp	1 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	405g	100g	415g	100g
Energy (kJ/kcal)	2667/638	659/157	2200/526	530/127
Fat (g)	39.5	9.8	23.4	5.6
Sat. Fat (g)	8.4	2.1	3.7	0.9
Carbohydrate (g)	35.6	8.8	34.4	8.3
Sugars (g)	9.9	2.4	10.0	2.4
Protein (g)	39.7	9.8	47.1	11.3
Salt (g)	1.89	0.47	1.91	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **8)** Egg **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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1 Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop the **chicken thighs** into a large bowl along with the **ginger, garlic & lemongrass puree** and the **oil for the chicken** (see pantry for amount).

Season with **salt** and **pepper**, mix well, then set aside.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

Prep the **chicken breast** in the same way.



2 Get Frying

Heat a frying pan on medium-high heat (no oil).

Once hot, lay the **chicken thighs** flat in the pan.

Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

Fry the **chicken breast** for 5 mins each side. Once browned, roast on the top shelf of the oven, 10-12 mins. Once cooked, remove from the oven, cover with foil.



3 Bake the Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press). Tear the **ciabatta** into roughly 2cm chunks.

Pop the **ciabatta** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, add the **garlic** and toss to coat well.

Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

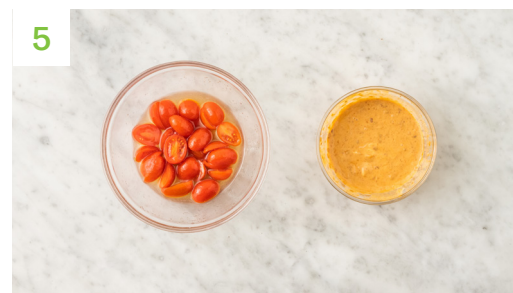


4 Prep Time

While the **chicken** and **croutons** cook, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Halve the **baby plum tomatoes**.

Crush the **peanuts** in the unopened sachet using a rolling pin.



5 Mix the Dressings

In a small bowl, add the **mayonnaise**, **water for the mayo** (see pantry for amount) and the **sambal paste**. Mix to combine your **sambal mayo**.

In another medium bowl, mix together the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **tomatoes** to the **rice vinegar dressing** and mix together.



6 Finish and Serve

When everything's ready, add the **salad leaves**, **carrot ribbons** and **croutons** to the bowl of **tomatoes**. Toss together in the **dressing** and share out between your serving bowls.

Thinly slice the **chicken** widthways and serve on top of the **salad**.

Scatter over the **peanuts** and drizzle over the **sambal mayo** to finish.

Enjoy!